

SPIRITUAL COMBAT -- *Episode Three: The Flesh*



Team Member Name: _____ Date: _____

Game Strategy – Men, do you feel you have to struggle to do what is right. To counter the flesh, we need God's grace.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. The world is an external enemy. The flesh is an internal enemy. What do you think is meant by this?
2. Read Galatians 5:19-21, Sirach 23:16. Looking at these passages along with knowing what is happening in the world today, jot down some of the sins of the flesh. What do you think are the most difficult for you to overcome?
3. Do you think that the sins of the flesh especially lust and impurity are the most prevalent in this day and age? Why or why not?
4. David was tempted by just a glance to fall into the sin of lust. What are some of the devices that the devil uses to lure you into committing sins of the flesh? (For example, impurity). How can you prevent yourself from being trapped by these devices?
5. Men through all of history have battled with sins of the flesh. St. Paul tells us that, "I do the very things I hate." List some spiritual means which you can utilize to help you overcome temptations of the flesh.
6. The CTG team mentions, quite often, the importance of belonging to a men's prayer group for accountability purposes. Why do you think it would be beneficial to belong to such a group? How do you think this group could better help you deal with sins of the flesh? (Ecclesiastes 4:9-12)
7. We are told that children are vulnerable to sins of the flesh at a young age. What are some of the ways that you and your wife can educate your children on how to avoid the various temptations of the flesh?
8. Technology seems to be the key device the devil is using to trap youth. What are some ways that you can monitor your children in this area?

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Therefore, there is now no condemnation for those who are in Christ Jesus (Rom 8:1). Stand on this truth.
2. Now is the time to respond. Don't wait for tomorrow.
3. When temptation arises, run to Jesus.

Complete your **Personal Action Item**. 

Scripture References

Galatians 5:19-24

Romans 7:14-15, 18-19

Romans 8:12-17

Sirach 23:16

Ecclesiastes 4:9-12

Romans 8:1

Coaching Tips

“The world offers you comfort, but you were not made for comfort. You were made for greatness.” – *Pope Benedict XVI*

Through prayer, scripture reading and participation in the sacraments we can, with patience and persistence, go from having to do the right thing to wanting to do the right thing.

– *CTG Team*

Thoughts are not sins, but what we do with them can be, so we need to learn to not dwell on thoughts. When the flesh is weak, we need to RUN to Jesus! Get away from whatever it is that draws us away from what we want to do. We must do our best to isolate ourselves from these things – avoid the near occasion of sin.

– *CTG Team*

Catechism Connection

376 By the radiance of this grace all dimensions of man's life were confirmed. As long as he remained in the divine intimacy, man would not have to suffer or die. The inner harmony of the human person, the harmony between man and woman, and finally the harmony between the first couple and all creation, comprised the state called “original justice.”

377 The “mastery” over the world that God offered man from the beginning was realized above all within man himself: *mastery of self*. The first man was unimpaired and ordered in his whole being because he was free from the triple concupiscence that subjugates him to the pleasures of the senses, covetousness for earthly goods, and self-assertion, contrary to the dictates of reason.

401 “For when man looks into his own heart he finds that he is drawn towards what is wrong and sunk in many evils which cannot come from his good creator. Often refusing to acknowledge God as his source, man has also upset the relationship which should link him to his last end, and at the same time he has broken the right order that should reign within himself as well as between himself and other men and all creatures”

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...